

· 综述 ·

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胰胆管合流异常的研究进展

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摘要: 胰胆管合流异常(PBM)是一种罕见的先天性胆胰系统发育缺陷,其特征为胰胆管在十二指肠壁外的非正常部位汇合,形成延长的共同通道。这一解剖变异破坏了Oddi括约肌的正常生理功能,减弱了对胆胰液逆流的防御机制,从而诱发胆管和胰腺的一系列并发症。尽管PBM的发病率较低,但由于其临床症状隐匿,往往导致诊断延误,增加了治疗难度和不良预后的风险。针对胆管扩张明显的PBM患者,外科干预,尤其是胆囊切除联合肝外胆管切除及胆管空肠Roux-en-Y吻合术是目前的标准疗法。但针对胆管无明显扩张的PBM,相关治疗策略尚存争议,多数专家倾向于胆囊切除,但对于肝外胆管的管理仍缺乏统一意见,亟待进一步研究探索。内镜逆行胰胆管造影(ERCP)是目前评估胰胆管结构异常和诊断PBM的首选工具,不仅可以明确病变性质,还能实现胆汁采集和胆管组织的病理学分析,且具有介入治疗功能,如支架置入、扩张、引流,尤其利于合并胆系肿瘤的患者。但ERCP的侵袭性限制了其在大规模筛查中的应用,特别是在儿童群体中,技术实施更为复杂,且存在诱发多种并发症的风险。本文旨在阐述PBM的定义、分类、发病机制、流行病学特征以及当前诊断与治疗策略研究进展,以期为临床实践提供参考指导。

关键词: 胰胆管合流异常; 疾病特征; 诊断; 治疗学

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Research advances in pancreaticobiliary maljunction

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Abstract: Pancreaticobiliary maljunction (PBM) is a rare congenital developmental defect of the biliary-pancreatic system characterized by a junction of the pancreatic and bile ducts outside the duodenal wall, forming an extended common channel. This anatomical anomaly compromises the normal function of Oddi's sphincter, weakens defenses against reflux, and thus triggers a series of biliary and pancreatic complications. Although there is a relatively low incidence rate of PBM, its insidious clinical symptoms often lead to delayed diagnosis, which increases the difficulties in treatment and the risk of poor prognosis. For PBM patients with marked bile duct dilatation, surgical intervention, especially cholecystectomy combined with extrahepatic bile duct resection and bile duct-jejunum Roux-en-Y anastomosis, remains the standard treatment at present. For PBM without marked bile duct dilatation, there are still controversies over related treatment strategies, and most experts are in favor of cholecystectomy, while there is still a lack of consensus on the management of extrahepatic bile ducts, which requires further research and exploration. Endoscopic retrograde cholangiopancreatography (ERCP) is currently the gold standard for diagnosing PBM and assessing pancreaticobiliary abnormalities, and it can not only clarify the nature of lesion, but also collect the bile and biliary duct tissue for pathological examination. ERCP also has the function of interventional treatment, such as stenting, expansion, and drainage, thereby bringing benefits to patients comorbid with biliary neoplasms. However, the application of ERCP in screening is

limited by its invasiveness, with increases in technique complexity and the risk of complications in the pediatric population. This article summarizes the definition, classification, pathogenesis, and epidemiological features of PBM and the research advances in current diagnosis and treatment strategies, in order to provide guidance for clinical practice.

Key words: Pancreaticobiliary Maljunction; Disease Attributes; Diagnosis; Therapeutics

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1 定义

胰胆管合流异常(pancreaticobiliary maljunction, PBM)是一种先天性畸形,其特点是胰管和胆管在十二指肠壁外侧汇合,Oddi括约肌功能失常,胰液和胆汁相互反流。正常情况下,胰液和胆汁通过各自的管道汇入十二指肠。在胚胎早期,肝胆系统和胰腺均源自前肠。肝腺体的发育开始于妊娠第4周,而胰腺的发育则始于肝腺体的周围^[1]。在正常的胚胎发育过程中,胆管和胰管将正常汇合,但在PBM中,这一进程被认为受到了干扰。具体而言,在妊娠的第5周,原本应逐渐并入十二指肠壁内的主胰管和肝憩室近端(即未来的胆总管),因发育异常导致胰管和胆管在十二指肠外形成异常的合流^[2]。原本受Oddi括约肌的控制,胰液和胆汁不会逆流,但PBM患者的胰液和胆汁则过早混合。其中,一种常见情况是胰管的内部压力超过胆管的内部压力,导致胰液逆流入胆管^[3-4],胆汁中的活性酶(如肠激活酶)与胰液中的成分[如磷脂酶A2(phospholipase A2, PLA2)、蛋白酶]相互作用,可导致胆管内弹性组织破损,平滑肌纤维数量锐减,进而引发胆管膨胀,最终导致胆总管扩张或形成胆总管囊肿^[5-6]。胰液长期逆流刺激胆管,将导致胆管壁出现慢性炎症反应以及上皮细胞过度增殖,管壁增厚且出现纤维化,胆管黏膜层将先后出现“增生-异常增生-癌变”^[7]。另一种情况是胆管的内部压力超过胰管的内部压力,胆汁逆流入胰管,损伤分支胰管和胰泡,胰脏实质中胰液积累可导致胰酶提前被激活并引发胰腺炎^[8]。

先天性胆管扩张(congenital biliary dilatation, CBD)包括PBM和肝外胆管的扩张,是一种由胚胎发育异常、胰胆管汇合不当导致的先天性疾病^[9]。腹胰管在PBM患者的胆管下段有第2分支,是胆管下段的起源。如果腹胰管与胆管下段在胚胎期发生异常汇合,胆管下端则可能出现狭窄或闭锁,导致胆管再通受阻。当胆管下段再通受阻时,将导致CBD;当再通受阻较轻时,将导致PBM,胆管扩张;当异常汇合部分无再通受阻时,将导致无胆管扩张的PBM^[10-11]。虽然CBD可以在任何年龄的人群中被发现,但超过2/3的患者为10岁以下儿童^[12]。

PBM多发于亚洲地区,发病率约为4.1%,男女比约为1:3,可发生于任何年龄,但在10岁以下的女孩中尤为常见^[13]。通常,如果成人的胆总管与主胰管的共同通道长度 ≥ 15 mm,或儿童的共同通道长度 ≥ 5 mm,即可诊断为PBM。然而,部分患者可能因共同通道较长,括约肌功能正常,而不出现反流。而共同通道较短者,可能因括约肌功能弱,出现反流。因此,PBM在临床上易被漏诊或误诊,曾被称为“腹部外科被遗忘的角落”^[14-15]。

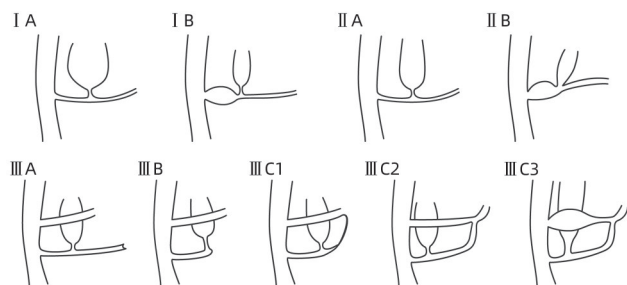
2 临床分型

1977年,日本学者Komi等^[12]根据胰胆管连接角度提出PBM的3种类型。(1) I型:B-P(胆管汇入胰管)型,胆管与胰管的角度呈直角。(2) II型:P-B(胰管汇入胆管)型,胰管与胆管呈锐角汇合。(3) III型:复杂型,胰管和胆管以复杂方式相汇合,不能归类为前2种类型的任何一种。为更好地体现PBM的临床表现和预后,1992年Komi等根据是否存在共管扩张和胰腺分裂提出PBM的新版分型:根据共管是否扩张, I型分为I A型(不合并扩张)和I B型(合并扩张);根据共管是否扩张, II型分为II A型(不合并扩张)和II B型(合并扩张);根据共管有无扩张、主副胰管是否相通等, III型分为: III A型、III B型和III C型,其中, III C型又分为III C1型、III C2型和III C3型^[16-17](图1)。2015年,日本PBM研究小组(Japanese Study Group on Pancreaticobiliary Maljunction, JSPBM)根据胆总管扩张及共同通道的形态将PBM分为4种类型:A型(狭窄型),胆总管在近端扩张,在远端狭窄汇入共通道;B型(非狭窄型),胆总管无狭窄或扩张,平滑地汇入共通道;C型(共管扩张型),胆总管在远端狭窄部分汇入共通道,共管突然扩张;D型(复杂型),PBM合并胰腺分裂等复杂情况^[3]。

目前,针对PBM的分类标准尚未完全统一,1992年Komi分型可能更适用于儿童患者,而2015年JSPBM分型可能更适用于成年患者^[18]。

3 临床表现

PBM的主要表现为右上腹疼痛、脂肪泻、发热和畏



注: I型,胆管和胰管以直角汇合(A=不伴共管扩张,B=合并共管扩张);II型,胆管和胰管以锐角汇合(A=不伴共管扩张,B=合并共管扩张);III型,胰腺分裂(A=合并胆道扩张,B=合并主胰管缺如,C1=主副胰管之间有细小交通支,C2=共管与主副胰管管径相当,C3=管道系统部分或全部扩张)。

图1 PBM的新版Komi分型

Figure 1 Revised Komi classification for PBM

寒、腹胀和黄疸。PBM通常伴随CBD,既往被认为是胆管扩张的原因。胆总管扩张的典型表现还包括腹痛、黄疸和腹部肿块,上述3个症状同时发生的病例并不常见^[19]。新生儿如果存在明显的肝功能障碍、持续黄疸、右上腹可触诊到肿块和陶土样便,亦或儿童出现持续腹痛、黄疸和脂肪泻,应在鉴别诊断时考虑PBM的可能性。B超或磁共振胰胆管造影(magnetic resonance cholangiopancreatography, MRCP)以及血液、尿液相关指标检测有助于进一步明确诊断^[20]。PBM患者在无症状期时,血液检查大多无异常,而一旦出现症状,即可见血清淀粉酶、胆红素和肝胆酶等指标升高。PBM的临床表现可能受胆管是否扩张的影响,合并CBD患者相较于无胆管扩张患者可表现出更多症状,因此前者大多在儿童期能够被诊断,而后者易被漏诊。此外,许多无胆管扩张的PBM患者常并发晚期胆囊癌,与不良预后有关^[19, 21]。

4 诊断

1987年,JSPBM首次提出PBM的诊断标准,并于2013年发布修订版诊断标准,包括:存在异常长的共同通道,胰胆管汇合角度过大及胆汁淀粉酶水平异常升高^[14, 22-23]。PBM的病理解剖特征可归纳为以下4点:(1)胰胆管在十二指肠壁之外汇合形成一个共同通道,与其正常解剖相异。(2)共同通道的长度超出正常范围,通常在成年人为 ≥ 15 mm,而在儿童为 ≥ 5 mm。(3)Oddi括约肌功能丧失。(4)胰管、胆管及共同通道的形态异常。上述异常最终导致Oddi括约肌无法控制汇合部的开闭,使胰液和胆汁无法正常排放,产生逆流,可能触发胆管和胰腺的多种病理变化,如慢性胆囊炎、胆石症和胰腺炎等^[4, 14]。我国《儿童胰胆管合流异常临床实践专家共识》中的诊断标准包括:MRCP或术中胆道造影检查发现

胰胆管汇合于Oddi括约肌之外、共同管长度过长,胆汁淀粉酶明显升高($>10\ 000$ U/L)^[18, 24]。

MRCP和内镜逆行胰胆管造影术(endoscopic retrograde cholangiopancreatography, ERCP)是诊断PBM的常见手段。然而,随着对PBM诊断方法的深入研究,不同的影像学方法在诊断PBM时展现出不同的优缺点。

体表超声是一种非侵入性诊断方法,无辐射风险,且成本较低,通过实时成像可观察胰胆管的动态变化,因此可作为PBM的初筛工具^[25]。但体表超声对胆总管下段病变的漏诊率相对较高,无法显示共同通道,也无法采用冠状位成像精确测量共同通道的长度^[26]。

CT由于辐射剂量较大且受造影剂的影响,在儿科患者中并未广泛应用^[27]。但有研究^[28]显示,DIC-CT(CT滴注胆管造影)不仅可以清晰地显示肝内和肝外胆管的三维图像,还可以显示动态和生理的胆汁流动,从而协助检测患者胆胰反流的情况。

MRCP检查是非侵入性的,且效果良好,被推荐作为儿童PBM的首选检查方式。理论上,MRCP可以清晰地显示扩张的胆管,并在一定程度上显示胰腺与胆管的交界处。但实际上,虽然可通过MRCP观察到异常延长的共同通道以确诊PBM,但如果显示长度 ≤ 9 mm,则需进一步采用直接胆道造影确诊,这一局限可能是受肠道内液体的影响所致^[29]。

ERCP可直接显示胆胰管汇合的关系、共同通道、胆/胰管的解剖学关系,能够鉴别PBM和与PBM无关的相对较长通道引起的症状,是诊断胆胰管汇流异常最理想的方法,同时还能够支持术中行括约肌切开及支架置入,缓解病情进展^[30]。但考虑到其有创性,技术要求高,并可能诱发胰腺炎、出血等并发症,限制了其在儿童患者中的应用^[31]。目前推荐PBM患者在手术过程中常规采用术中胆道造影^[32],有助于进一步明确胰胆管异常汇合的解剖学关系^[33]。

超声内镜(endoscopic ultrasound, EUS)对PBM的诊断具有重要作用。EUS结合了内窥镜技术和超声波成像,可以直接在消化道壁内行实时超声扫描,能够提供高分辨率的胰腺、胆道系统以及周围结构的影像,适用于评估胰胆管的解剖学异常(如PBM)。EUS诊断PBM的关键是识别胰胆管在十二指肠壁外的异常汇合和共同通道的延长。EUS还可以辅助评估Oddi括约肌的功能以及是否存在胆胰液逆流现象,且有助于发现与PBM相关的并发症,如胆管结石、胆管扩张、胰腺炎或胆管癌等。虽然EUS在评估PBM方面具有独特优势,但其通常与MRCP、CT或ERCP联用,以获得更全面的诊断信

息^[34]。EUS的局限性在于非常依赖检查医生的专业技术,且由于内镜操作的复杂性及其空间分辨率的限制,EUS在精确呈现共同通道的复杂结构或微小胰管分支方面存在困难^[5]。

胆汁淀粉酶水平测定对于诊断PBM具有辅助作用。日本和欧洲的大规模回顾性研究指出,PBM患者中胆汁淀粉酶水平常超过50 000 U/L。究其原因,可能是胰腺炎引发的胰腺外分泌功能受损所致^[35]。在胆囊切除的患者中,如果加强胆汁淀粉酶的监测,可以筛选出隐匿性PBM患者,从而避免胆囊切除术后多年发生胆管癌的可能^[36]。

5 并发症

5.1 胆管穿孔 PBM是导致自发性胆道穿孔的首要原因^[37]。PBM异常可导致胰蛋白酶原和胰石蛋白回流至胆管,回流的胰蛋白酶原在转化为胰蛋白酶后又将可溶性的胰石蛋白裂解为蛋白栓,导致胆管内压急剧上升和胆管扩张。此外,逆流入胆管的胰酶将破坏胆管弹性纤维,最终导致胆管穿孔^[38]。

5.2 胰腺炎 大多数PBM患者的胰腺炎表现较轻,影像学上往往无明显异常(如胰腺肿大等)。蛋白栓导致的胆管压力升高可引发腹痛以及淀粉酶通过胆管静脉反流进入血液,这种在无胰腺病变情况下的高淀粉酶血症被称为假性胰腺炎^[39]。

5.3 胆道结石 部分学者主张胰液反流是胆道结石形成的主要原因,但由于临床上胆管结石大多为胆色素结石,因此也有学者认为胆汁淤积才是胆道结石形成的关键因素。PBM导致胆汁排出受阻,引起胆汁淤积,胆汁在胆道内停留时间过长将过度浓缩,导致胆固醇、胆色素或钙盐等物质沉积,进而形成结石^[5, 40]。此外,胆汁成分改变、细菌感染、胰液反流、胆道动力学改变等因素也是形成胆道结石的诱因^[41]。

5.4 胆管癌变 PBM与胆管癌的高风险相关。合并PBM的胆管癌患者平均发病年龄为60岁,而未合并PBM的胆管癌患者平均年龄为75~80岁^[42]。胰液反流是造成胰酶(如PLA2)进入胆管并被激活的原因。PLA2不仅具有细胞毒性,同时也可以将磷脂酰胆碱这种存在于胆汁中的物质转化为同样具有细胞毒性的溶血磷脂酰胆碱。这些细胞毒性物质滞留在胆囊或扩张的胆管中,将诱发慢性炎症,通过多种分子改变,包括KRAS(Kirsten大鼠肉瘤病毒癌基因同源物)的激活和TP53(抑癌基因P53)的失活,导致胆管的不典型增生,进而进展为胆管癌^[43]。此外,PBM患者胆管系统中胆汁螺杆菌定植

率较高,提示胆汁螺杆菌感染可能是PBM胆管癌变一个新的发病机制:(1)胆汁螺杆菌对于胆汁和胰液高耐受性;(2)胆管黏膜环境的改变,加之胆汁淤积,可增加胆汁螺杆菌定植于肝胆系统的可能性;(3)胆汁螺杆菌通过与宿主共生菌群的相互作用,可介导胆管系统炎症反应的发生和进展,从而加速PBM患者胆管上皮癌变的进程。

6 治疗

6.1 外科治疗 PBM将提升胆管癌的患病率,因此一旦确诊PBM应尽早手术治疗^[44]。目前推荐对胆管扩张的PBM行胆囊、肝外胆管的摘除和胆管与空肠的Roux-en-Y吻合手术。与肝管十二指肠吻合术相比,这种标准术式的优势在于可有效预防术后由胆汁反流引起的术后胃炎。然而,长期随访发现术后胰腺炎、肝内结石、胆管炎和胆管癌的报道逐渐增多。术后胰腺炎的发生主要与胰管畸形和剩余的胰管囊肿相关,而肝内结石的形成与胆管炎的发生主要与胆肠吻合口狭窄、残余肝内胆管扩张引发的胆汁淤积相关^[45]。有研究^[5]指出,在胆胰管交界处的正上方切开胆总管的胰腺部分,在初始手术时切除肝门部狭窄,可以有效预防这些并发症的发生。对于胆管炎或黄疸无法保守治疗的患者,建议采用胆道引流,并在手术前控制胆管炎与黄疸。对于胆管炎自发穿孔的患者,建议立刻行T管引流,待炎症消退、明确异常解剖结构后再行根治性手术^[46]。对于无胆管扩张的PBM最佳治疗方案仍存在争议,一般推荐对成年患者进行预防性的胆囊切除术,以预防胆囊癌的发生。

6.2 内镜治疗 内镜括约肌切开术可有效移除蛋白栓子,减轻胰胆管压力,缩短与PBM相关的顽固性急性胰腺炎的病程^[47-48]。来自我国3个中心、75例确诊为PBM并接受ERCP治疗(包括内镜括约肌切开术、内镜逆行胆管或胰腺引流以及结石取出等)的儿童患者中,12例患者发生与手术相关的并发症,包括胰腺炎(9/75, 12.0%)、出血(1/75, 1.3%)和感染(2/75, 2.7%),中位随访时间46个月(2~134个月),结果显示,ERCP治疗可有效缓解胆管梗阻并降低胰腺炎发生率,总有效率达82.4%^[47]。笔者团队的临床经验也认可ERCP在儿童PBM诊断和治疗中的应用价值,其安全性高,且具有良好的重复性^[30]。

7 小结与展望

随着临床诊疗技术的进展,PBM相关研究也取得了一定进展,但仍有诸多问题需要探索:是否需要PBM

的患者行预防性的肝外胆管切除,以预防胆管癌变的发生?对于PBM的患者,尤其是患儿,是否需要在初次手术时行肝部分切除术,以降低胆管癌变和胆管炎的风险?尽管胆囊切除联合肝外胆管切除与胆管空肠 Roux-en-Y 吻合重建被公认为处理PBM标准手术方式,但长期随访数据显示,这一术式后并发胆管残株炎、胆管结石、胆管癌、胰管结石以及胰腺炎的风险被越来越多报道^[17, 49-54],因此,选择彻底切除胰胆管汇流部位的术式(如胰十二指肠切除术)是否可以更有效地预防上述远期并发症,改善患者预后?针对上述问题,未来尚需进一步开展更多前瞻性随机对照试验研究,验证治疗方案的有效性和安全性,特别是评估其对患者短期和长期生活质量的影响,最终形成统一的诊疗标准及方案。

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